## Indoor Pool Schedule 7415 Wood Haven Rd. • (540) 777-6300 • GreenRidgeRecreationCenter.com

\*\*Instructors and schedule subject to change without notice. Program and maintenance times are shaded in and areas are open when white. The Spa is open during normal aquatics hours only.

**Effective Dates: February 4 - March 4** 

AM   AM   AM   AM   AM   AM   AM   AM	5:00 6:30 7:00 7:30 8:00 8:30 9:00 PM PM PM PM PM PM PM PM PM						
AM         AM<	PM PM PM PM PM PM PM M						
M Slide Spray	M						
N   Spray   Pool closed 1:00-	M						
N   River   Lap							
Note							
Columbia	N						
V   Main   Pool closed 1:00-	'um						
Spray	Closed For						
E River Lap	Swim						
E   NVel   Wave   Hydrofit   AFAP							
W Slide Spray Pool Closed 1:00- E Main Pool Closed 1:00- Lap Hydrofit AFAP Aqua Z  T Slide Spray Pool closed 1:00- H Main Pool Closed 1:00- A-qua Z	Lessons						
Spray   Pool Closed 1:00-	6:50Wave						
E Main D River Lap Hydrofit AFAP Aqua Z T Slide Spray H Main Pool closed 1:00-	W						
T Slide Spray Pool closed 1:00- Afap Pool clo							
T Slide Spray Pool closed 1:00-							
T Slide Spray Pool closed 1:00-	um Hydrofit D						
Spray Pool closed 1:00-	Closed For						
H Main 1001 closed 1.00							
River Wave 4:00 PM	Swim						
	Lessons						
Lap Hydrofit AFAP	Hydrofit						
s Slide							
Spray Pool Closed 1:00-	Pool Closed 1:00-						
R Main 4:00 PM	R						
INVE							
Lap Tai-Chi Hydrofit AFAP Hydro	ofit						
Slide Pool Opens Pool Closed 9:00-11:30							
Pool Opens							
A Main River at 8:00AM Swim Lessons	Pool Closes at 3.43PW						
Lap Hydrofit	-						
S Slide							
U Main Pool Opens at 10:00AM	Pool Closes at 5:45PM U						
N River	N						
N Lap							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wave	none	8am - Judith	none	8am - Judith	8am - Susan (Tai-	none
Walkers		*6:50 pm-Chris			Chi)	
Hvdrofit	9am - Cathy	9am - Judith	9am - Cathy	9am - Judith	9am - Susan	9am - Chris/Susan
Tiyuront			6:30pm - Chris	7pm - Chris/Vickie	5:30pm -Vickie	Jain - Chins/ Jusan
AFAP	10am - Cathy	10am - Susan	10am - Cathy	10am - Susan	10am - Susan	none
Aqua Zum	5:30p-Leeann	none	5:30pm - Leeann	none	none	none

